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Construction of aviation sports curriculum system in Xi'an Aeronautical College

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ABSTRACT. *This article analyzes the current situation of China's aviation sports curriculum system construction according to the requirements of training personnel training goals, combined with the aviation sports construction goals of Xi'an Aeronautics and Astronautics College and the existing curriculum reform practice, it is proposed to assume the training and future Career-oriented, focusing on the development of special qualities of flight fitness, cultivating the basic health knowledge and skills required by students for aviation flight, meeting the diverse needs of flight students, enriching the diverse sports curriculum content system, and proposing guarantees for aviation sports courses Corresponding measures for system construction.*

KEYWORDS: *Aviation sports, Physical education, Curriculum system, Xi'an aeronautical college*

2. Introduction

Good special qualities and skills are important conditions for pilot ensuring flight safety, improving flight skills, and extending flight life. The main purpose of aviation sports courses offered by our civil aviation colleges and universities is to develop special qualities and skills unique to students in the pilot training process, and undertake the important task of training high-quality and high-level pilots. However, at present, China's aviation sports courses have not really formed a scientific and reasonable curriculum system on the theoretical and practical levels, resulting in less than adequate decision-making objectives for the courses, lack of systematic and standardized curriculum settings, lack of supervision and inspection of course operations, and a single teaching evaluation model And many other issues. The so-called optimization is to make a certain thing more perfect or more dynamic through selection, transformation, integration and adjustment. The optimization of China's aviation sports curriculum system is to adjust and transform in terms of course objectives, structure and settings, content system, etc. Make it more suitable for the training needs of our civil aviation pilots.

3. The Necessity of Improving China's Aviation Sports Curriculum System

In recent years, in order to meet the huge demand of China's aviation market, civil aviation colleges and universities have expanded the enrollment scale of flight technology majors[1]. The selection conditions for recruited students have decreased year by year, and the physical fitness and physical fitness of flight students have shown a downward trend. This is an urgent need for our civil aviation institutions to base on the new forms and requirements of the civil aviation transportation industry for the training of flight talents, adjust the structure and settings of aviation sports courses, and construct the aviation sports curriculum system with Chinese characteristics in accordance with the market, schools and the actual situation of flight students.

Xi'an Aeronautical College is specialized in flight technology. The main purpose of aviation sports courses as a basic and compulsory course is to develop the unique fitness and special qualities of flight students. At present, there are 7 colleges and universities including China Civil Aviation Flight Academy, China Civil Aviation University, Beijing University of Aeronautics and Astronautics, etc., which have opened aviation (flight) sports courses. The initial aviation sports curriculum is based on the university sports and the Air Force pilot physical fitness curriculum. After nearly ten years of teaching practice and experience summarization, some modifications and adjustments were made to the aviation sports curriculum according to the changes in training objectives, which enabled our school's aviation sports curriculum to achieve certain development. But on the whole, China's aviation sports curriculum system is still immature. Except for aviation special equipment content, aviation sports is not fundamentally different from ordinary college sports courses. It can no longer meet the training needs of civil aviation transportation industry in the new situation[2].

Due to the increase in flight missions caused by the increase in civil aviation transport flights, pilots are almost always working in an overloaded state, and the phenomenon of overdraft is serious. What needs to be

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reflected is, is the goal of training aviation personnel's lifelong physical exercise habits in my country's aviation sports courses achieved? Has the aviation sports course got rid of the training model of Air Force pilot training and ignored the cultivation of interest? Can the health status of Chinese pilots undertake increasingly heavy flight tasks to ensure flight safety? During the flight, the pilot's physical, physical, emotional and psychological changes have a direct impact on the flight. Physical discomfort, subtle psychological changes and emotional fluctuations will directly lead to very serious consequences. Therefore, to effectively answer and solve the above-mentioned problems, we must start from the source, and we must optimize the aviation sports curriculum system of our national colleges according to the training personnel's goals, the needs of society, and the future needs of flying students. Qualified pilots with flying skills, special physical fitness and psychology, and harmonious development of society have important theoretical and practical significance[3].

4. Improvement of Chinese Aviation Physical Education Curriculum System

4.1 Improvement of Aviation Sports Course Objectives

The aviation sports course is an important carrier to realize the training goal of flight talents. The course goal is the foundation and core of the course setting, which determines the criteria and direction of course content selection, and is the orientation of course implementation and the basis of course evaluation. Therefore, the optimization of aviation physical education curriculum system is the optimization of curriculum objectives.

The goals of aviation sports courses in several civil aviation universities in China are similar, basically it is a model of setting up physical health + sports skills + special qualities, that is, to develop the special fitness and qualities of flight students as the core goal, supplemented by physical fitness and health promotion, Cultivating the habit of physical exercise, etc., to a large extent, fails to well reflect the “education” value of the course, that is, through the education of aviation sports courses, flying students become a responsible, united, and cooperative person, This has a great effect on cultivating the decisiveness, responsibility, and the quality of solidarity, cooperation, and mutual assistance of pilots in emergency handling missions in flight, which can be achieved and achieved in many collective sports events. However, because of fear of injury, these projects often miss them.

In addition, the aviation physical education curriculum should also add professional comprehensive quality goals and mental health goals, together with physical health, sports participation skills development, skill transfer and aviation physical fitness goals to form a relatively perfect course goal system. Through the analysis of course objectives and the needs of aviation sports courses and the needs of society and students, the goals of aviation sports courses can be expressed as figure1.

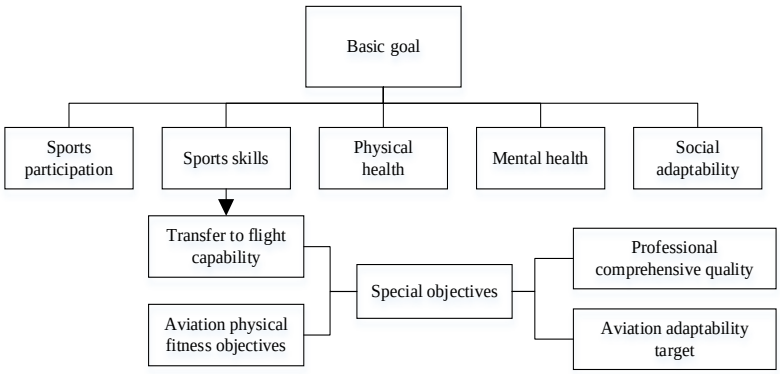

Fig.1 The Goals of Aviation Sports Courses

4.2 Separation Practice

Curriculum structure is a regular organization form of various elements, components, and levels within the curriculum. Curriculum setting directly determines the cultivation of students' knowledge structure and ability. The optimization of course structure and setting is conducive to the realization of course objectives and the reasonable allocation of course content.

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The aviation sports courses in China's current civil aviation institutions generally come in the form of compulsory compulsory courses. Its structure is single, emphasizing discipline-oriented, neglecting basic sports courses and elective courses. Hobbies are out of touch with life, which is detrimental to cultivating their habits and consciousness of lifelong physical exercise.

Taking Xi'an Aeronautical College as an example, the original curriculum is to set up only a single special course of aviation sports, that is, aviation equipment projects and basic quality learning, to develop the special physical fitness and skills required for flight, students have no choice, this It is difficult to meet the requirements of training complex flying talents required for flight. Based on the above problems and reference, the original aviation sports curriculum structure and settings were optimized to increase the two semester hours of physical education, and at the same time add "basic physical education class", "optional physical education class" and flight health related theoretical classes, this " The "3+1" curriculum structure and settings not only take into account the requirements of aviation physical fitness special skills and quality content modules, reflect professional characteristics, but also fully take into account the diverse and multi-level needs of students.

4.3 Improvement of Aviation Sports Course Content System

The course content is an important carrier to achieve the course goal. After the development of aviation sports curriculum objectives, it is necessary to optimize the aviation sports curriculum content system according to the adjustment of objectives and changes in curriculum structure and settings. The traditional aviation sports curriculum content system is the field sports ball and special equipment content. For collective projects, it also limits physical confrontation to prevent injuries.

After expanding the content of aviation sports courses, students can choose their favorite swimming, sanda, orienteering, aerobic fitness classes; in flight health courses, students can learn how to live in life (such as climbing stairs, cycling, Skipping rope, etc.) develop aerobic and anaerobic abilities, learn physical exercises suitable for on-board aircraft; you can also learn how to maintain physical fitness through nutrition and exercise, prevent obesity and prevent injuries, etc.

5. Guarantee Strategy for the Improvement of China's Aviation Sports Curriculum System

In order to ensure that the optimization of China's aviation sports curriculum system is effectively implemented, each civil aviation college should increase the input of material resources and human resources. On the guarantee of material resources, supplement and improve aviation special training equipment, construct aviation sports laboratory, and strengthen the training of aviation sports education talents. In addition, regular holding of aeronautical sports education scientific papers report meeting, so that teachers have more opportunities to communicate and learn, share the experience and experience of aeronautical sports course teaching, it is of great benefit to construct and optimize a scientific and reasonable aeronautical sports course system. In summary, the guarantee of material resources and human resources is the cornerstone and source of ideas for system construction and optimization. Without them, the optimization of China's aviation sports curriculum system has become empty talk.

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